







WALKING

Siúl



Target Pupil								Comments
Head up, stable in line with the spine and eyes looking forward		Head						
Arms swing in a small natural arc in opposition to the feet		Arms						
Step with toes facing forward		Legs						
When planting the foot, use a heel to toe action								
Knees should bend slightly when the foot touches the ground								
Good posture with body straight, walk tall.		Trunk						

Hints

What instructions should I give?

Walk to the cone in a relaxed manner. It is not a race.

From where should I observe this skill?

The side for the arm swing and foot plant and slight knee bend.
The front for the feet, head and eyes.








What equipment do I need?

Cones, whistle.

RUNNING

Rith



Target Pupil								Comments
Head up, eyes forward		Head						
L Shape arms Elbows bent at 90 degrees		Arms						
Hip to lip Drive arms backwards and forwards without crossing the body's midline								
High knees lift with the thigh parallel to the ground		Legs						
Kick back close to the buttocks (at least 90 degrees)								
Balls of feet Landing on the balls of the feet								
Body Upright and steady		Trunk						

Hints

What instructions should I give?

Run as fast as you can.

From where should I observe this skill?

The side for the arm swing and leg lift and knee bend. The front for the feet, head, eyes and arms not crossing the body's midline.







What equipment do I need?

Cones, whistle.

HOPPING

Preabadh



Target Pupil								Comments
Arms bent and swing to help with leg action		Arms						
Take off and land on the same foot, pushing off from ball of foot		Legs						
Support leg swings in rhythm with jumping leg								
Hopping leg bends on landing								
Can hop on both left and right leg								
Upright and steady with eyes focused forward		Trunk						

Hints

What instructions should I give?

Hop as far as you can.

From where should I observe this skill?

The side for the arm and leg action. The front for the head and eyes.






What equipment do I need?

Cones, whistle.

SKIPPING

Scipeáil



Target Pupil								Comments
Arms bent and swing in opposition to legs		Arms						
Step forward and hop on the same foot with a high knee drive		Legs						
Support leg bends in preparation for the hop								
Land on balls of foot								
Upright and steady		Trunk						

Hints

What instructions should I give?
Skip as fast as you can.








From where should I observe this skill?
The side for the arm and leg action. The front for the head and eyes.

What equipment do I need?
Cones, whistle.

JUMPING FOR HEIGHT

Rith











Target Pupil								Comments
Head up, stable and eyes looking forward		Head						
Arms begin behind the body		Arms						
Arms swing forwards and upwards in time with legs								
Legs extend and straighten in the air		Legs						
Ankles, knees and legs bend on landing to absorb the shock								
Landing on both feet								
Crouched down, slightly leaning forward		Trunk						
Hints			What instructions should I give? Jump as high as you can.			From where should I observe this skill? The side.		What equipment do I need? Cones, whistle.

JUMPING FOR DISTANCE

Léim



Target Pupil								Comments
Head up, stable and eyes looking forward		Head						
Arms begin behind the body		Arms						
Arms swing forwards and upwards								
Ready position: Knees, hips and ankles bent		Legs						
Push off from both feet at the same time (toes last to leave the ground)								
Legs straighten in the air								
Land on both feet at the same time, bending hips, knees and legs								
Explode forward from ready position		Trunk						

Hints

What instructions should I give?

Run as far as you can using a two feet to two feet jump.

From where should I observe this skill?

The side






What equipment do I need?

Cones, whistle.

DODGING

Cor i leataobh









Target Pupil								Comments
Head up and eyes focused forward		Head						
Low body position		Trunk						
To change direction plant foot, bend knee and push off from the outside of the foot		Legs						
To add a deceptive element to the dodge, step/lean one way and push off in the other direction		Deception						
Able to dodge on both sides		Extra						

Hints	What instructions should I give? Zig-zag forwards between the cones as fast as you can.	From where should I observe this skill? The front.	What equipment do I need? Cones placed in a zig zag formation, whistle.
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SIDE STEPPING

Céim ar leataobh



Target Pupil								Comments
Head stable and eyes focussed forward or in direction travelled		Head						
Stand side on with hip and shoulder pointing in the travel direction		Trunk						
Knees slightly bent with weight on balls of feet		Legs						
Lead foot steps in travel direction and free foot follows quickly behind								
Brief period where both feet are off the ground . Movement is rhythmical.								
Arms out to the side for balance		Arms						

Hints

What instructions should I give?

Side step as fast as you can.

From where should I observe this skill?

The side the pupil is facing so that you are facing the pupil.

What equipment do I need?

Cones, whistle.

BALANCING

Cothromaíocht



Target Pupil								Comments
Head stable and eyes focused forward on a target		Head						
Trunk stable and upright		Trunk						
Support leg still, with foot flat on the ground.		Legs						
Non-support leg bent and not touching the support leg								
Arms as still as possible		Arms						

Hints

What instructions should I give?
Balance on one foot for as long as you can.


From where should I observe this skill?
The front.

What equipment do I need?
N/A.

LANDING

Tuirlingt



Target Pupil								Comments
Head stable and eyes looking straight ahead		Head						
Stomach pulled in and bum tucked under the body		Trunk						
Land with the feet wide apart but still in a stable position		Legs						
Bend the knees and land on toes first, then ball, then heel.								
Arms stretched out in front to maintain balance		Arms						

Hints

What instructions should I give?

Do a two feet to two feet jump and when you land, hold the pose for a count of 5 seconds.

From where should I observe this skill?

? The side for the trunk and toe to heel landing. The front for landing with feet wide apart, eyes forward and arms out in front.







What equipment do I need?

Cones, whistle.

CATCHING

Gabháil









Target Pupil								Comments
Eyes focused on the object throughout		Head						
Move the body directly in the path of the object		Trunk						
Hands reach out to meet the object		Arms						
Relaxed fingers and hands are cupped to receive the object								
Catch and control the object with the hands only								
Bend the elbows to absorb the impact								

Hints	What instructions should I give? WCatch the ball with two hands.	From where should I observe this skill? The side or the front.	What equipment do I need? A ball.
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THROWING

Caitheamh



Target Pupil								Comments
Eyes focussed on the target at all times		Head						
Stand side on with non-throwing shoulder towards the target		Trunk						
Step towards the target with the foot of non-throwing side		Legs						
The object is held in one hand		Arms						
Throwing arm is brought behind the body, swinging it down and backwards in preparation to throw								
Throwing arm moves forward, releases the object and then follows through in direction of target								

Hints

What instructions should I give?

Throw the ball as far as you can.

From where should I observe this skill?

The side that the throwing arm is on.








What equipment do I need?

A ball.

KICKING

Ciceáil



Target Pupil							Comments
Eyes focussed on the ball at all times		Head					
Approach the ball from behind and slightly to the side		Trunk					
Ensure that the trunk leans forward and the arm opposite the kicking leg swings forward during contact							
Place the non-kicking foot to the side of the ball		Legs					
Swing the kicking leg back to make an angle of at least 90 degrees							
Bring the kicking leg forward fast , making contact with the ball using the shoe laces or instep of the foot							
Follow through in the direction of the target							

Hints

What instructions should I give?
Kick the ball as far as you can.








From where should I observe this skill?
The side of the kicking leg.

What equipment do I need?
A ball.

STRIKING WITH THE HAND

Ag bualadh le lámh










Target Pupil								Comments
Keep eyes on the ball.		Head						
Lean slightly forward at the waist		Trunk						
Keep the ball below the waist and when moving, bounce the ball slightly forward in front of the body								
Knees bent and feet a comfortable distance apart		Legs						
Fingers are spread open but relaxed		Arms						
Push the ball downwards with the fingers while also controlling the movement with the wrist								
Follow through when bouncing and pull the hand back as a cushion as the ball rebounds. Don't slap!								
Hints	What instructions should I give? Begin at this cone. Bounce/Dribble the ball until you get to the next cone.			From where should I observe this skill? The side or the front.			What equipment do I need? Cones, whistle, basketball.	

STRIKING WITH AN IMPLEMENT

Ag bualadh le huirlis



Target Pupil								Comments
Keep eyes on the ball.		Head						
Stand side on to the target.		Trunks						
Feet shoulder width apart , knees slightly bent with weight on the back foot in the preparation phase.		Legs						
Step forward with the front foot, rotating the hips and shoulder during the striking action.								
Hands should be together at the base of the implement with the hand at the end matching the front foot.		Arms						
Arms should be extended fully at the point of contact with the ball.								
Follow through the ball and around the body.								
Hints		What instructions should I give? Using the bat, hit the ball as far as you can.		From where should I observe this skill? To the side so you don't get hit but still facing the striker.		What equipment do I need? A bat of any description and a ball.		